**Usability test permissions form**

Please read and sign this form.

In this usability test:

● You will be asked to perform certain tasks on the Life Habitat application.  
● We will also conduct an interview with you regarding the tasks you performed.  
   
 Participation in this usability study is voluntary. All information will remain strictly confidential. The descriptions and findings may be used to help improve the Life Habitat application. However, at no time will your name or any other identification be used. You can withdraw your consent to the experiment and stop participation at any time.  
   
 If you have any questions after today, please contact one of our team members at

Emily.e.scott1@maine.edu  
   
 I have read and understood the information on this form and had all of my questions answered  
   
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Subject's Signature Date

**Script**

Hello and thank you for agreeing to participate in the Life Habitat usability test. Life Habitat is a task-tracking software designed to help make tedious tasks more enjoyable and less likely to be overlooked. During this short test, you will be asked to complete a few tasks within the application. We will observe you completing these tasks so that we can understand what parts of our application are easy to understand or not. You may ask to stop doing the tasks at any point. All actions taken will be kept completely confidential. If you have any questions during or after the test, feel free to ask us or email us at any of the emails listed above.

The testing today will consist of 5 tests.

1. Navigate between pages
2. Customize your avatar
3. Create a task to track
4. Edit an existing task to make it repeat
5. Input sleep data for sleep tracking

Are you ready to begin?

<<Hand user a device with Life Habitat running (or use relevant mockups)>>

For the first task, I would like you to navigate between all the pages in the application, to view the different features.

<<This process should happen within about a minute>>

Thank you. If you have any problems, please let us know. We want to make sure our application is as easy to navigate as possible.

For the next test, we would like to see you customize your personal avatar. The avatar in this app is meant to mimic yourself. Doing tasks that take care of yourself you will also be taking care of a digital you. We hope that the connection between the avatar and yourself will increase your motivation to do daily tasks and make healthy choices.

<< This process should take 3-4 minutes >>

Thank you. Again, If there is anything confusing or not clear let us know. We want to make sure our application is understandable and easy to use.  
  
Next, we would like you to navigate to the task page and create a new task. The task can be for anything you would like. For example, you could create a task for you to not forget to get groceries next Wednesday or to remember to brush your teeth. Please begin when you are ready.

<< This process should take 1 - 2 minute(s)>>

Thank you. If creating the task was difficult please let us know so we can change it to make it more understandable.

Now we would like you to edit a previously existing task and update it to repeat. You may either edit the one you created earlier or one of the ones that were pre-programmed by us. You may begin whenever you are ready.

<< This process should take 1 - 2 minute(s) >>

Thank you. If you found that challenging please let us know so we can fix any issues you may have run into.

Finally, we would like you to navigate to the sleep tracker page. Here we would like you to input how well you slept last night. If you have sleep-tracking software on your phone or other device you may upload it, or you can manually add how well you felt you slept yourself. Begin when you are ready.

<< this process should take 2-3 minutes >>

Thank you for participating in this test. We appreciate your input. These tests should help us to create a better application for all to use. The last thing we would like to ask of you today is to complete this short survey on your experience with our app. We would like to remind you again that all you say here will be kept confidential, and we appreciate your responses.  
  
 **Survey**

On a scale of 1-10 how easy did you find navigating through the application:

On a scale of 1-10 how easy did you find customizing your avatar:

On a scale of 1-10 how easy did you find creating a task:

On a scale of 1-10 how easy did you find editing a task:

On a scale of 1-10 how easy did you find inputting sleep data:

What features of Life Habitat did you find easy to use:

What features of Life Habitat did you have a difficult time using:

What is one way Life Habitat could be changed to be easier to use:

What does Life Habitat need to have added to it, so it actually helps people make healthier choices and improve motivation to do tedious daily tasks?  
 Are there any other features or functionality that you think would be good to have in the app?  
  
 Is there any other feedback you would like to provide on improving the app?